

Full Report (All Nutrients) 45108040, ZATARAIN'S, BLACKENED CHICKEN ALFREDO, UPC: 071429010093

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Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Zatarain's Inc.

Nutrient	Unit	Data points	Std. Error	1 cup 225g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	340	151
Protein	g	--	--	16.00	7.11
Total lipid (fat)	g	--	--	13.99	6.22
Carbohydrate, by difference	g	--	--	38.00	16.89
Fiber, total dietary	g	--	--	2.0	0.9
Sugars, total	g	--	--	7.00	3.11
Minerals					
Calcium, Ca	mg	--	--	99	44
Iron, Fe	mg	--	--	1.80	0.80
Sodium, Na	mg	--	--	801	356
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	0.0	0.0
Vitamin A, IU	IU	--	--	500	222
Lipids					
Fatty acids, total saturated	g	--	--	6.997	3.110
Fatty acids, total trans	g	--	--	0.990	0.440
Cholesterol	mg	--	--	45	20

Amino Acids

Other

**Ingredients**  
COOKED ENRICHED PASTA (WATER, ENRICHED SEMOLINA [DURUM WHEAT SEMOLINA, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), WATER, BLACKENED SEASONED GRILLED CHICKEN (CHICKEN TENDERS, WATER, BLACKENED SEASONING [SALT, SPICES {INCLUDING RED PEPPER AND PAPRIKA}, SOY PROTEIN ISOLATE, MODIFIED POTATO STARCH, SODIUM PHOSPHATE, CORN STARCH, ONION, CARRAGEENAN, GARLIC, EXTRACTIVES OF OREGANO, SOY LECITHIN]), CREAM (WITH CARRAGEENAN), CREAM CHEESE (PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, CAROB BEAN GUM), HALF AND HALF (MILK, CREAM), MARGARINE (LIQUID AND HYDROGENATED SOYBEAN OIL,

WATER, SALT, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE [COLOR], VITAMIN A PALMITATE ADDED), SWEET DAIRY WHEY, CHEESE FLAVORS (A DEHYDRATED BLEND OF PARMESAN AND ROMANO CHEESES [PART-SKIM COW'S MILK, CHEESE CULTURE, SALT, ENZYMES], WHEY, BUTTERMILK SOLIDS, PARTIALLY HYDROGENATED SOYBEAN OIL, SODIUM PHOSPHATE, SALT), HEAVY CREAM SAUCE (SHORTENING POWDER [PARTIALLY HYDROGENATED SOYBEAN OIL, CORN SYRUP SOLIDS, SODIUM CASEINATE AND MONO AND DIGLYCERIDES], CORN MALTODEXTRIN, MODIFIED CORN STARCH, DEHYDRATED SWEET CREAM [PASTEURIZED SWEET CREAM, SKIM MILK SOLIDS, SODIUM CASEINATE, SOY LECITHIN, BHT], SALT, SUGAR, GARLIC POWDER, LEMON JUICE POWDER [CORN SYRUP SOLIDS, LEMON JUICE, LEMON OIL, BHT], NATURAL BUTTER FLAVOR, DISODIUM INOSINATE AND DISODIUM GUANYLATE), MILK (VITAMIN D3 ADDED), NONFAT MILK SOLIDS (NONFAT MILK, WHEY SOLIDS [LACTOSE], VITAMIN A AND D3), DRY BUTTERMILK, GREEN ONIONS, SOYBEAN OIL, MODIFIED CORN STARCH, SHARP CHEDDAR CHEESE FLAVOR (DEHYDRATED GRANULAR AND BLUE CHEESE [PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES], WHEY, PARTIALLY HYDROGENATED SOYBEAN OIL, WHEY PROTEIN CONCENTRATE, LACTOSE, CORN MALTODEXTRIN, SALT, SODIUM PHOSPHATE, CITRIC ACID, LACTIC ACID), CORN MALTODEXTRIN, SALT, YEAST EXTRACT, MONO AND DIGLYCERIDES, POTASSIUM CHLORIDE, PARSLEY FLAKES, SPICES, XANTHAN GUM, DISODIUM PHOSPHATE, GRANULATED GARLIC, DEXTROSE, CHILI POWDER (CHILI PEPPERS, SPICES, SALT, GARLIC POWDER), SUGAR, GRANULATED ONION, DISODIUM INOSINATE AND DISODIUM GUANYLATE. *Date Last Updated by Company:* 05/17/2016